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Recommended Citation

Georgia Southern University, "Continuing Education News Online" (2019). *Continuing Education News Online*. 13.

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Pat Prokop to jumpstart inaugural community learning series in Savannah

August 6, 2019

Former WTOC meteorologist Pat Prokop will be leading the first-ever Evening at Armstrong community lecture event, hosted by the Georgia Southern University Division of Continuing Education, on September 12 from 6 p.m. to 7:30 p.m. at the Armstrong Center.



"The Weather and World Beyond," will offer attendees a trip through tropical weather, climate change and the awe-inspiring images of the cosmos one can capture in their own backyard. This presentation invites attendees to look at and engage with the world around them in a new, more thoughtful way.

"I am honored to share my thoughts and my experiences of local weather and the tropical storm season, and excited to share views of the heavens," Prokop shared. "It's amazing what's out there in a sky near you."

In addition to serving as a meteorologist for over 20 years in the Savannah area, he is an avid gardener and an amateur astrophotographer, who uses his telescope to take photos of nearby celestial bodies. His love of gardening was born from time spent with his grandmother, digging dahlia tubers for safe storage during the icy Detroit winters as a child.

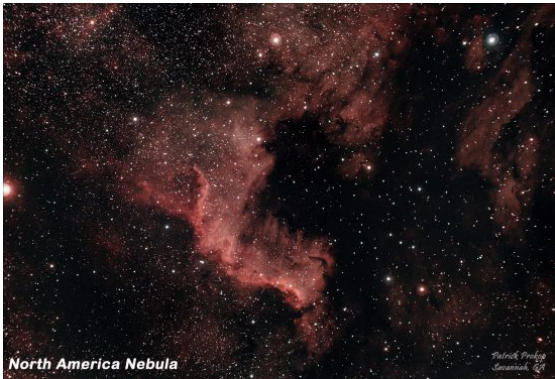


Photo of the North America Nebula, taken July 19, 2019, courtesy of Pat Prokop.

Prokop's interest and study of climate change began during his tenure as a graduate student at St. Louis University's School of Meteorology in 1975. Since, he has dedicated himself to finding greener, more sustainable solutions even in his own backyard.

To find out more about Prokop, his weather, garden or astrophotography, visit his website, [Savannah Pat](#).

Those interested in learning about other upcoming lectures in the monthly Evening at Armstrong series, please visit [GeorgiaSouthern.edu/conted/armstrongevening](#).

The mission of the Division of Continuing Education is to support individuals and organizations who seek to accomplish more. The Division does this by serving as the link between the needs of the community and Georgia Southern University's nationally-recognized academic resources. Offerings include customized training for business and industry, professional development and personal enrichment courses, as well as comprehensive

conference services with an array of options for every clients' needs. For more information, visit [GeorgiaSouthern.edu/conted](#).

Why Mental Health Matters

August 6, 2019



Photo courtesy of Bekir Dönmez

According to Mental Health America's annual [State of Mental Health in America report](#), over 40 million adults have a mental health condition. Of those 40+ million Americans, 1 in 5 adults still aren't getting the care they need and 61.5% of youth ages 12-17, who had reported a major depression, received no treatment.

Among veterans, experts see a similarly troubling trend.

Thirty percent of active duty and reserve military personnel deployed in Iraq and Afghanistan have a mental health condition that requires treatment.

— *Mental Health First Aid*

What's more troubling is that only half of that 30% actually receive the treatment they need.

What does this mean for you?

It's likely you or someone you know experiences a mental health condition. While access to care is increasing, there is still a call to action for people from all walks of life to become a resource for someone in need.

Mental Health First Aid certification enables everyday people to become everyday heroes, equipping them with the knowledge and strategies to help others recognize their strengths, identify their support systems, and seek out the resources to get appropriate care.

The Division of Continuing Education offers an area-specific course to meet the needs of its communities, each led by highly trained and certified instructors:

Mental Health First Aid for Veterans

October 18, 2019 • 8:00 a.m. – 5:30 p.m.

Armstrong Center at Georgia Southern • Savannah, GA

For many Americans in service, the battle doesn't always end when they leave the field. This course gives you the know-how to recognize and respond to mental health and substance abuse challenges while also understanding the unique cultural factors of military life.

Light breakfast and lunch will be served at this workshop. If you have any questions, please feel free to contact Senior Program Specialist, Deedee Southerlin, Ed.D., at (912) 478-5555 or at tsoutherlin@georgiasouthern.edu.

The Division of Continuing Education welcomes new director

August 6, 2019

On July 1, the Division of Continuing Education welcomed its new director, Diane Badakhsh, Ed.D., who comes to Georgia Southern University with over 10 years of experience in continuing education and over 15 years in post-secondary administration.

Prior to joining the Division, Badakhsh served as the director of Continuing and Professional Education (CPE) at the University of North Carolina Wilmington (UNCW). In that role, she established training partnerships with several county and city governments, as well as the United States Marine Corp. She also worked with faculty from all academic departments within UNCW and increased CPE's revenue by 30% each year.

"I am excited about being at a university with Georgia Southern's reputation for academic excellence and personal attention—and leading a division with the sole purpose of connecting the resources of the university with the needs of the community," Badakhsh stated. "Continuing education is for everyone and is a lifelong endeavor."

Badakhsh holds a doctorate in educational leadership with a focus on higher education from the University of North Carolina Wilmington. She is also a licensed professional counselor, certified employee assistance professional, and a certified program planner. Her specializations include needs assessments for business and industry, succession planning, budget development and management, strategic planning and more.



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